

## Daily Practice Structure

1. **Arrival (1–2 minutes)**

Close your eyes and begin by simply noticing your breath as it is right now.

2. **Active Breathing (3 minutes)**

Begin deep breathing through the mouth, inhaling into the belly and expanding the rib cage in one smooth inhale if possible.

Exhale gently by releasing the air — no forcing.

3. **Breath Hold (after inhale)**

Take a deep inhale into the belly and rib cage, then hold the breath for up 1 or 2 minutes, or as long as feels comfortable.

4. **Regulation Breathing (3 minutes)**

Inhale deeply through the nose into the belly and rib cage.

Exhale slowly through the mouth, allowing the exhale to be longer and more relaxed.

5. **Empty Hold (after exhale)**

Take a deep inhale through the nose, then exhale all the air out.

Hold at the bottom (empty) for as long as feels comfortable, noticing the engagement in the abdominal area.

Let this practice stay gentle and supportive — there's no need to push or force anything.

*“Breathe deeply. Live fully.”*